



Exploring Emotional Intelligence

Intelligence for the 21st Century!

Helena, MT

Factual knowledge and how-to-skills are important, but *emotional intelligence* skills, such as flexibility, teamwork, emotional management, communication, conflict, and even enthusiasm have become even more crucial and valuable to organizations' bottom line.

This course will explore why EQ is important and how to gain the highly learnable skills. Specifically, participants will learn how to develop **self-awareness**, **self-management**, **social-awareness**, and **social-management** for both *work* and *personal effectiveness*.

**Available for POST, CEU, and
OPI Teacher Renewal Units**

Instructor: Chance T. Eaton, MS Psych, MBA

Registration

Online: <https://pdc.mt.gov/register.mcpX>

By phone: 444-3985

By e-mail: pdc01@mt.gov

Date: October 16, 2014
Time: 8:30 am to 4:30 pm
Location: Helena Capitol Complex
Mitchell Building
Glacier Room

Investment is \$123 + \$34 EQ Self-Appraisal (discounts for multiple attendees from one organization).

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